

**Fit Zone for Women**  
**4258 E. Grand River**  
**Howell, MI 48843**  
**(517) 552-1530**



**Offering**  
**State of Michigan**  
**Employees**  
**\$30 enrollment**  
**and**  
**\$30/month on a**  
**one-year membership**



FitZone for Women offers the most advanced fitness equipment in our area specially designed for women. We provide only the finest exercise apparatus, friendly attentive service, all in our luxurious fitness center. Our goal is to provide a refreshingly, fun, positive workout experience for women of all ages.

**Amenities & Programs:**

- ♦ Aerobics
- ♦ Circuit Training
- ♦ Elliptical Trainers
- ♦ Free Weights
- ♦ Kickboxing
- ♦ Locker Room
- ♦ MultiScreen Video System
- ♦ Nutrition Program
- ♦ Personal Training
- ♦ Pilates
- ♦ Plate Loaded Machines
- ♦ Stationary Cycling
- ♦ Step Aerobics
- ♦ Tanning
- ♦ Treadmills
- ♦ Weight Loss Program
- ♦ Yoga

**Hours**

**Mon-Fri: 8 am - 8 pm**

**Sat: 8 am - 2pm**

**Sun: Closed**

**3 DAYS FREE!**

Get a 3-DAY trial membership free!

Go to website and click 

[www.fitzoneforwomen.com](http://www.fitzoneforwomen.com)